

HINTS FOR WALKING

Dress appropriately for the weather.
Wear suitable supportive footwear.
Walk to increase breathing but not to exhaust.
Drink plenty of water.
Remember to bring any necessary medication e.g. inhaler.
Tell a walk leader if you are leaving a walk.



Key to symbols used on walk details overleaf



Up to 1 mile
(10-30 mins)



Moderate Inclines



Cafe Available



Picnic
Opportunity



Pub/Lunch
Opportunity



1- 2 miles
(30-60 mins)



Steep Inclines



Steps



Bus or Coach Trip



2 - 3 miles
(60-90 mins)



Rural or Challenging
Terrain



Uneven Ground



Train Trip



Probability of Mud.



Buggy Friendly



Toilets Available



Wheelchair Accessible



Kissing Gate



Rest
Opportunities



Guided Walk



Stiles

Please be mindful of other people when walking.
We ask you to respect other people's space at all times.



St George Strollers

Autumn Walks Oct to Dec 2026




The St George Strollers
organise regular, healthy walks in or around the
vicinity of St George, East Bristol.

Your local contact is Liz Scott: 0117 952 2513 or
Email: strollers@troopers-hill.org.uk

More information and photos of our previous walks at:
<http://www.troopers-hill.org.uk/strollers/>

Your first walk is free, but we would suggest a voluntary
£1 donation for each walk thereafter.
Please arrive 10 mins early if you are joining us for the first time.

Note- Important travel information overleaf.



Date	Walk	Starting Point	Transport Options	Description	Symbols
Third Tuesday of each Month	St George Park Stroll	The Beehive Centre Stretford Road, 10.30	These are Level 1 walks which are suitable for those recovering from illness or injury and anyone who wishes to improve their fitness.		
Wed 14 th October	Saltford Circular	Crown Inn Bath Road Saltford 10:40am	09:45 am Bristol Bus Station Bay 15 for X39 at 10.02am	A circular walk affording pleasant views. Walking mostly through woods and fields on uneven earthen paths so sensible walking footwear is essential. There is one long easy incline. Return by frequent X39 bus. <i>Leader: Keith with Margaret (BM) & June</i>	  
Thursday 29 th October	Murals, Plaques & Side Streets	By Bay 19 Bristol Bus Station, 10.30am	None Required	A new circular, historical walk around Stokes Croft, St Pauls & Cotham. We'll see numerous murals & plaques while exploring several side streets. Many uneven pavements, 1 steep descent with steps. <i>Leader: June with Sue (BM) & Meg</i>	 
Friday 13 th Nov	Waters Meet	Maypole Square o/s Maypole Pub Hanham At 10:25 am	10:00 am at Aldi, Church Road for No. 45 bus At 10:11 am	A linear walk following the sound of the Strad Brook down to the Avon. The walk continues beside the Avon, then up to Avon View Cemetery, ending at Church Rd, St George, near Chalks Rd. <i>Leader: Sue with Sarah (BM) & Susan</i>	  
Monday 23 rd Nov	Nailsea with views of Wraxall	Stock Way North (Waitrose) Bus stop 10:30	Bus Station Bay 14 for Bus X9 at 9:50	A circular walk through the Trendlewood part of Nailsea & the Lodge Lane area of Wraxall. Mainly level on paths, some uneven & muddy if wet. Toilets at the start & cafés at the end. <i>Leader: Andy with Liz (BM) & Peter</i>	  
Wed 9 th Dec	Up The Feeder	Feeder Road Footbridge bus stop (south side of road) 10:15am	10:00am Blackswarth Rd Bus Stop (opp Aldi Church Rd) for No. 16 bus at 10:08am	A circular walk exploring what's new in the Feeder Canal area, ranging from a new university campus and a refurbished suspension footbridge to hopefully, a new floating walkway. <i>Leader: Susan with Julie (BM) & Keith</i>	 
Thursday 17 th Dec	Harbourside	Cascade Steps City Centre At 10:30	None Required	A flat walk on the south side of the harbour via Queens Square to the Underfall Yard Café. We'll stop for a drink then optionally walk back on the north side or catch a bus back to the centre. <i>Leader: Liz with Sue (BM) & Andy</i>	 

Please Note: Due to the current problems with Bristol bus services (late or cancelled buses) it is advisable to meet your Walk Leader at the bus stop indicated under "Transport Options" where shown.